

## PERSONAL POWER

By Mary Elliott

**In New Thought** we believe Power is one of the attributes of God. The dictionary has several, different definitions of “power.” The first is “the ability to do, act, affect or produce. The rest of the definitions referring to individuals have to do with force, influence, authority, or some other form of domination.

**Having “ability”** (meaning: to be able) is a dynamic thing. It doesn’t come to us nor can it be bestowed. It is not dependent on anything or anybody outside of ourselves. This type of power is from Source, and like Source Itself, is “able” to manifest infinitely.

**It is worth noting** that Source-Power is not an action. It is what lies behind the action like a charged battery, and we can use the “juice” for whatever we desire.

**I know all of us** have experienced powerlessness in our lives. This can range from having a bad hair day to a full blown crisis making us feel totally out of control. Perhaps we’ve become so busy with different obligations that we are not doing any of them right. Maybe we are trying to live up to someone else’s expectations, and we don’t want to “let them down.” Or maybe we are simply waiting for that magical “someday” when we will clean out the garage, start a wellness program, or write that novel we “know” we have in us. We just can’t seem to connect with the “juice.”

**That’s how I used to function.** And without that connection, my only recourse was to control and manipulate. I used force, influence, and authority to dominate the situation and make it into MY OWN image of how things should be. I believed I knew best, and took on the responsibility of letting everybody else know. But deep inside, I was very, very afraid. I knew, at some level, I was powerless and lived in panic of somebody finding out. In addition, living up to someone else’s expectations masked who I really was and caused self-destruction. As for waiting - that was a perfect way to prove to myself what a horrible person I was and at the same time justify myself because I was so busy helping others.

**More bang for the buck!** “I’m taking care of the world here,” I’d whine “How can I expect to do any more?” Then fifteen minute later I’d go into the garage to get the cat litter and look around. “You are so lazy,” I’d say myself. “This place is a pig pen and getting worse everyday. If you had any will-power at all, you’d shape up and get it cleaned up.”

**Here’s the rule** for Power or the ability to act: THE POINT OF POWER IS IN THE PRESENT. I know it sounds simplistic, but the only time you have the ability to clean that garage is right now. You are not able to do it yesterday, tomorrow, or an hour from now. Sure, you can “plan” to do it tomorrow, but let’s face it - you’ve been planning a long time already.

**Here are a couple** of tricks I’ve learned on the path to Power. Number one: Doing what comes from the inside is fun. You know that satisfactory feeling you get when you are really “cookin”? By that I mean the task starts to be enjoyable and the results give you deep satisfaction. For instance, I like to wash my own car. The car wash just doesn’t get all the bugs off the front or wash out the tire wells. I get in there with soap, water, and a brush and really get it spiffy. The second thing I’ve learned is I don’t have to do it all at once. I take baby steps toward my goal. A few years back I wrote a novel. I had always wanted to do this, and of course I’d put it off. Then one January I found myself with a plot AND a bunch of crazy characters. So I sat down to write. My goal was to finish the thing - 80,000 words.

I couldn't even think about that. Too much pressure. Instead I concentrated on finishing a sentence. Or paragraph. Or the next scene. These baby steps took me all the way to the end.

When I feel powerless, I visualize myself with my arms straight out like a cross. The arms are my horizontal, three dimensional self. The vertical is God-Power. They become One within me and the possibilities are endless.